



## 9 Healthy-Breakfast Ideas for Busy People



If you're among the millions who rush out the door without breakfast, or you're inclined to go for pastries and sweets to start your day, you need a better breakfast plan.

**Put these 9 fast & healthy breakfast ideas on your menu:**

- **The 3-Way:** A banana, a handful of pecans, and low-fat yogurt.
- **Whole-Grain Sweetness:** Whole-grain cereal sprinkled with berries and slivered almonds.
- **Yogi Surprise:** Low-fat yogurt mixed with fruit and whole-grain granola.
- **Egg + 2:** Egg whites or egg substitute served with fresh fruit and whole-grain toast.
- **Fruit-Blender Fun:** A fruit smoothie made with frozen berries, banana, and ice.
- **The Whole Spread:** Whole-grain toast topped with peanut butter, avocado, or low-fat cream cheese.
- **Smooth Move:** A strawberry, melon, and yogurt smoothie with flaxseed.
- **Healthy Double Trouble:** Fruit salad and a whole-grain muffin.
- **Oat That's Sweet:** Steel-cut oats with berries.
- **Wrap It Up:** Breakfast burrito (fill a whole-wheat tortilla with sautéed onions, peppers, mushrooms, yams, and tomatoes seasoned with garlic and thyme).

### Think About Breakfast Before You Go

Eating a healthy breakfast isn't hard. But you do need to do a little work to make it happen.

- **Make a shopping list** of healthy breakfast foods that you like.
- **Go to the store** to stock up on everything you need.

When you wake up in the morning, put together a healthy breakfast and be on your way. It's that easy.

Wake up to the benefits of breakfast  
<https://tinyurl.com/2p9dukry>

## Who's on Your Guest List for Breakfast?

If it looks anything like Phil's breakfast in *Groundhog Day*, it's time for a change.

Donuts, fast food, soda, sugary coffee drinks, a heaping pile of pancakes with syrup...you can't eat these foods every day.

Why? It's kind of like inviting Diabetes, Heart Disease and Obesity to breakfast.

Fortunately, it doesn't have to be that way...

## 4 Reasons to Make Breakfast Healthy

Eating healthy foods and snacks throughout the day, including breakfast, is a good habit. Your diet should include fruits, vegetables, whole grains, nuts and seeds, and plenty of water. And some of those foods are perfect for breakfast. Hungry?

Check out these four reasons to eat a healthy breakfast:

### 1 Prevent weight gain

In the National Weight Control Registry, 78 percent of the 3,000 people who lost 30 pounds or more and kept it off for a year said they ate breakfast every day.<sup>3</sup>

Plus, people who skip breakfast are 55 percent more likely to be overweight or obese.

### 2 Control blood sugar levels

If you don't have diabetes, you probably know someone who does. About 34 million people have type 2 diabetes. About 96 million have prediabetes.

Left unchecked, it can lead to poor circulation, heart disease, stroke, obesity, blindness, amputations, and early death.

Research shows eating a healthy breakfast can help prevent or control diabetes and regulate blood sugar levels.<sup>4</sup>

### 3 Lower cholesterol

Want to avoid a heart attack caused by blocked arteries? Keep your cholesterol under control.

In a recent study, researchers found that eating whole-grain oats daily helped lower LDL (bad) cholesterol and total cholesterol.<sup>5</sup>

### 4 Improve brain function

Want to start the day out right? Need help staying alert and engaged during that morning meeting? Start with breakfast. Research shows eating a healthy breakfast can have a positive impact on mood, memory, creativity, decision-making, and attention.<sup>6</sup>

31 healthy breakfast recipes for busy people  
<https://tinyurl.com/ndos5fc>

## References

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